only an introduction - dive deeper

In Case You're Being Watched

cyber security practices to use before you think you need to

The Enemy is Gargantuan

but that's no reason to make their job easy

the plight of the colonizer is to face the world as an enemy. this infinitude of targets means that although their power is overwhelming, they are stretched thin.

the key is to avoid being noticed in the first place.

make conscious choices about what enters the view of not only the state, but non-state actors (think Libs of TikTok), and both reduce your chance of being targeted and increase the difficulty facing anyone who chooses to target you well before they have reason to glance your direction. but how?

Kill the Bugs

any piece of tech that you talk to and it answers is constantly recording.

get rid of your Google Home, disable Siri and AI.

even when you max out your restrictions (which you should regardless) on these tools and their connected apps and devices, they should still be treated with caution.

don't forget your tv, smart speaker, maybe your fridge?

Lock it Down

turn off face + touch ID and notification previews

set a 6 digit alphanumeric passcode to your devices

start using a password manager and get weird w it

Control Access

set your accounts to private and max out your privacy settings. if you have to have a public facing account for your work, create as much separation between that work and yourself as possible. avoid posting public photos of yourself, where you live, and places you frequent. remove as much as you can

visit your page as if you are a stranger.
if you can find your mom, start over

delete as many apps as you can. by switching back to accessing services primarily through a private browser, you severely reduce how much information is being transmitted.

but what is the best private browser for everyday use?

download Mozilla Firefox
set default search to DuckDuckGo
in settings
turn on Enhanced Tracking Protection and set to "Strict"
turn on "Do Not Track"
turn off data collection
download the uBlock Origin extension

Curveball

even with all of your privacy settings maxed out, much of your internet traffic is traceable back to your machine and its location. however, you can make that tracing more difficult by using a reputable Virtual Private Network.

a VPN funnels your internet access through one of their servers, ideally in a foreign country, to anonymize where you are and what device you are using

not all VPNs are made equal, though.

Choose with Intent

to companies like Google, we are the product. to protect ourselves and starve the beast, we must divest from the data economy and find alternatives.

to start on this path, look at Proton. Not only do they offer one of the better VPNs + PW managers available, they also offer many other alternatives that prioritize your security. go ahead and start an account w/o your full name,

and last, but maybe most important

USE SIGNAL

an encrypted messaging app that has held true

set a username that doesn't include your full name, turn on registration lock, don't allow contacts to find you through your phone #, turn off "show calls in recents" and "show in suggestions", and use disappearing messages

good luck